



Framing A Future - Modified Version

Category 1: Community Membership

Your community is where you live and where you go every day. It can include the people in your neighborhood, your school, church, a club or a sports team. It's the people you do things with. These people help you and you help them.

Tell me if...

Making friends and hanging out with friends

Is very important to you/me

Is not important to you/me

Choosing where you/I want to go and going with people you/I like after school and on the weekend

Is very important to you/me

Is not important to you/me

Going somewhere by your/myself

Is very important to you/me

Is not important to you/me



Category 2: Control of Personal Health & Welfare

Being in charge of yourself means getting to make choices about how you get taken care of. It means getting to make your own choices about how you look and how to stay healthy.

Tell me if...

Answering questions about you/me, by your/myself

Is very important to you/me

Is not important to you/me

Having a friend you/I can talk to about anything

Is very important to you/me

Is not important to you/me

Being healthy and in good shape

Is very important to you/me

Is not important to you/me

Asking someone for help when you/I need help

Is very important to you/me

Is not important to you/me





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Helping make choices about your/my health (e.g. going to the doctor, dentist, taking medicine)

Is very important to you/me

Is not important to you/me

Category 3: Pursuit of Lifelong Learning

Learning new things happens all through your life. You learn a lot even after you get out of high school or college. Having ways to always keep learning is very important.

Tell me if...

Being able to communicate what you/I know and what you/I think

Is very important to you/me

Is not important to you/me

Having people think you are/I am smart and capable

Is very important to you/me

Is not important to you/me

Knowing where you/I can go to find information and get answers to your/my questions

Is very important to you/me

Is not important to you/me

Finishing high school

Is very important to you/me

Is not important to you/me



Category 4: Developing Talents & Interests

What do you like to do when you aren't at school or a planned activity? Having your own talents and interests means doing things you are good at. It means doing things you like to do. Knowing what you like to do, and what you are good at is important for making friends.

Tell me if...

Being outside/outdoors

Is very important to you/me

Is not important to you/me

Having something you're/I'm really good at

Is very important to you/me

Is not important to you/me





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Doing something that you/I think is fun

Is very important to you/me

Is not important to you/me

Being able to go places you/I like to go that are far away (not in the neighborhood/not in _____(town))

Is very important to you/me

Is not important to you/me

Being around people who can teach you/me new things or how to do something better

Is very important to you/me

Is not important to you/me

Category 5: Creating Healthy Relationships

We feel good when we know people who care about us. It is important to be around people we like or love. We have to try hard to make sure these people feel good about being with us. We need to communicate with them, and we need to listen to them to make it work.

Tell me if...

Having a very good friend

Is very important to you/me

Is not important to you/me

Getting along with my parents/mom and dad

Is very important to you/me

Is not important to you/me



Being around people who like to do what you/I like to do

Is very important to you/me

Is not important to you/me

Being with a group of friends

Is very important to you/me

Is not important to you/me



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Category 6: Self-Reliance

Part of being an adult means taking care of yourself. The more you can do things for yourself, the more you can "be the boss" of what you want to do.

Tell me if...

Getting paid money for working a job you/I like

Is very important to you/me

Is not important to you/me

Having your/my own space/place to go when you/I want to be alone

Is very important to you/me

Is not important to you/me

Making your/my own plans for doing things and going places

Is very important to you/me

Is not important to you/me

Moving out of your/my house

Is very important to you/me

Is not important to you/me



Category 7: Developing a Personal Sense of Spirituality

Deciding what you believe and what you think is important is part of being an adult. It is important to make your own choices about what you want to do. Sometimes we make mistakes and sometimes we are successful and do a great job. But we are always learning about ourselves.

Tell me if...

Feeling like you/I make good choices

Is very important to you/me

Is not important to you/me

Being around people who like you/me just the way you are/I am

Is very important to you/me

Is not important to you/me

Being happy about you/me

Is very important to you/me

Is not important to you/me

